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▶ East Jeddore's Adrienne Power poses with her bronze medal yesterday after the women's 200m sprint at the Commonwealth Games in New Delhi, India.

Power nabs bronze for Canada

Local sprinter earns her first international medal at Commonwealth Games in India ◗ Power 'wanted to get on the track and attack' ◗ She could be up for more hardware as part of Canada's 4X400 relay team



PHILIP CROUCHER
@METRONEWS.CA

Adrienne Power has shone brightly many times on the national stage, but was waiting for that international breakthrough.

Well, wait no more.

The 28-year-old East Jeddore sprinter did Canada and Nova Scotia proud yesterday by winning bronze in the 200m women's final at the Commonwealth Games in New Delhi.

"I'm so excited. You have no idea," Power told Metro Halifax after the race. "I'm on Cloud 9 — definitely."

A three-time Canadian champion, Power's national success hadn't translated into strong results internationally until yesterday.

She hadn't even made an international final before — something she finally made good on by finishing third in her Commonwealth Games semifinal Sunday.

Then, in yesterday's final, Power was seventh with about 50 metres to go, but found another gear and ran past four competitors to grab the final podium position.

"With 50 metres to go, I don't know what got into me ... but I just ate up like three or four girls to get a bronze medal."
ADRIENNE POWER

Her time was 23:52 seconds.

"I completely hit the ground as hard as I could for 50 metres," Power said. "I'm glad I had that huge sprint at the end."

Power explained that in past international events, she would come out of the blocks too hard and run out of the gas. In this race, she followed "her race plan" and saved the best for last.

"This Games is a huge mental barrier broken," the 2008 Olympian proclaimed. "Now I know I can do my own race plan and be confident in it and be competitive with the other girls on an international level."

Fair's last day a stampede

Crowds pack Exhibition Park for weekend event {page 4}

Ahead of the curve

Dalhousie profs honoured for work on health centre {page 20}

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Open up the process: Councillor

RYAN TAPLIN/METRO HALIFAX



▶ Coun. Gloria McCluskey

Coun. Gloria McCluskey thinks a discussion of board appointments should be on the table when councillors consider changes to the structure of boards and committees today.

The councillor for Dartmouth Centre said the way the municipality currently deals with board appointments is not transparent — and is anti-democratic.

"How we dealt with our boards and committees in the City of Dartmouth, we did it in open council," she said. "But now it's so secretive ... you have to do it in camera ... So what? You get on or you don't get on."

Council currently discusses appointments in meetings that are closed to the public, as they fall under "personnel" matters to be considered in-camera. The successful candidate is announced, along with the names of others who applied, but not the rationale for council's decision.

Mayor Peter Kelly said appointments are discussed in private so as not to drag personal matters into the public realm.

"What you wouldn't want to do is bring in a couple of appointments and they get knocked all over," he said.

"We're just trying to make sure we're adhering to a process that's fair to the applicant."

Kelly said the majority of councillors are in favour of the current process — but he supports opening the discussions to the public, saying it would be more efficient. McCluskey, for her part, said she is doubtful the process will change.

ALEX BOUTILIER

Council readies for its super Tuesday

Session scheduled late last week to clear up time for trade centre debate on Oct. 19



ALEX BOUTILIER
@METRONEWS.CA

Halifax regional councillors were supposed to have the day off.

But with an ambitious agenda set for the Oct. 19 meeting — which includes a report on the proposed trade centre for downtown Halifax — council will reconvene today to try to clear up some space on next week's agenda.

Mayor Peter Kelly said scheduling a second session for October will free up time for council to appropriately address the trade centre report next week.

"We're trying to send out the time frames for (the Oct. 19 session) so we can take whatever time we need to review whatever information we may have at that time and go from there," he said.

Today's agenda includes recommendations to change the structure of the municipality's various committees that, if approved, will unite them under the banner of six standing committees.

Almost 40 committees would be consolidated under the standing committees, meaning more councillors would be focused on fewer portfolios.

Kelly said the hope is the standing committee structure would allow councillors to concentrate on their areas of interest, making council more efficient and effective.

Discussions

Also on today's agenda:

- Report on phasing out the purchase and sale of bottled water in municipal facilities with clean drinking water.
- Report on Metro Transit accessibility for persons with disabilities.
- Resolutions HRM will send to the Union of Nova Scotia Municipalities 2010 conference.

ANDREW VAUGHAN/THE CANADIAN PRESS



▶ Jane Fraser, a senior provincial government official, displays an image of a new convention centre at a press conference in Halifax last week.

1 news

News on the move

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2. Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
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On the web at metronews.ca

Easy tips for avoiding the dreaded 'Delhi belly' when eating in India. Video at metronews.ca/world

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FALL FAIR PACKS 'EM IN

- About 5,000 people were expected on site during yesterday's final day
- Event opened last Thursday



JENNIFER TAPLIN
@METRONEWS.CA

It wasn't the most convenient time for construction on Prospect Road as thousands of people poured into Exhibition Park yesterday, the final day of the Maritime Fall Fair.

Shrugging off the stress of some ill-timed road construction — which saw some wait 15 to 20 minutes — the fair's manager, Fiona Kirkpatrick Parsons, said the long-weekend's warm weather really brought out the crowds.

"People who live in an urban environment don't often get the chance to get that rural experience," she said. "This is all about communicating to people where your food comes from."

Something new at the fair this year: there was a daily citizen-swearing-in ceremony where Canadian citizens could reaffirm their citizenship.

"It reminds us how fortunate we are and how welcoming to new Canadians to the Maritimes. I mean what better way is there to do it?"

It might have been a show to the spectators, but for the competitors — whether they were showing their cattle, sheep or horses — it was serious business.

Winning is important, said Becky Lowe from Cape Breton as she stood waiting to show Wendy, her heifer, yesterday afternoon.

"It shows you made progress over the years and you're learning. It means a lot to me because this is one of my favourite things to do."

Barrels of fun

Kicking a horse into high gear and spinning it around not just one but three barrels is just good fun to Kate Swinamer.

- She's been barrel racing since she was nine years old.
- "It takes years of training and a very calm horse," she said. "People think barrel horses are crazy but they're not — they have to handle a lot of stress and go in the arena quietly and focus on their job when people are screaming."

RYAN TAPLIN/METRO HALIFAX



▶ Scott McLean and Presto Lee rip around the course in the pole-bending competition at the Maritime Fall Fair yesterday.

Police seek man who robbed pool hall

Halifax Regional Police are on the lookout for a man who held up a Kempt Road pool hall.

At approximately 6 p.m. on Sunday, police were called to Dooly's, located at 3129 Kempt Rd. According to staff, a man entered the bar brandishing a knife and demanding cash.

The staff complied with the suspect's demands, and he proceeded to flee the area on foot.

METRO HALIFAX

Police follow up on home heist

Halifax Regional Police are investigating a home invasion and robbery.

Investigators say at least two men entered a residence on the 2000 block of Oxford Street around 9 p.m.

One of them had a handgun.

The residents were forced to the floor as up to five other suspects took electronic equipment, cash and other items from the home.

THE CANADIAN PRESS

Mourners set to remember Rainman

The funeral for Halifax Rainmen fan-favourite John Strickland will take place tomorrow in his native New York.

Strickland, who retired last month to take a job as the club's director of basketball operations, was found dead last week in his New York City home. He was 38.

METRO HALIFAX



▶ John Strickland

Queen Mary answers call of rescue duty

The Queen Mary 2, one of the world's largest luxury liners, was put on standby after it received word that a small pleasure boat had run into trouble off the south coast of Nova Scotia.

Maj. Paul Doucette, spokesman for the Joint Rescue Co-ordination Centre in Halifax, said the Canadian Coast Guard received a distress signal from the American craft Santa Lucia late Saturday.

As a matter of routine, the rescue centre transmitted a general broadcast to all ships in the area, asking for help.

Doucette said the 345-metre Queen Mary 2 received the message and stood by for further instructions, but the massive ship wasn't needed.

"It was standing by," he said. "A call for help was made out and the Queen Mary got that call and was ready to respond."

In harbour

- The Queen Mary 2 docked in Halifax on Sunday.

Instead, the coast guard icebreaker Edward Cornwallis was sent to escort the small boat to Yarmouth, N.S.

Officials with the Cunard Line could not be reached for comment.

THE CANADIAN PRESS

News in brief

Man fined for speeding

VEHICULAR CRIME. A Halifax man has been handed a $2,400 fine for "stunt driving."

RCMP say the unnamed motorist was caught driving more than 50 kilometres per hour over the posted speed limit on Highway 104 near Mount Thom.

The 52-year-old's car was impounded Friday afternoon, and his licence was suspended.

THE CANADIAN PRESS

Mounties look for tire poker

VANDALISM. Halifax RCMP are looking for those responsible for puncturing tires on about 50 vehicles in the Eastern Passage and Cole Harbour areas.

Investigators say the vandalism occurred after midnight Friday night.

The first reports of damage started coming Saturday morning.

The suspects are believed to have been on foot.

Police are warning residents in the area to carefully inspect their tires.

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Woman acquitted in Oprah school scandal

State has no plans to appeal the judgment • Winfrey has promised an overhaul of the girls' school

A woman accused of abusing teenagers at Oprah Winfrey's school for girls in South Africa was acquitted of the charges yesterday, and Winfrey said she was "profoundly disappointed" by the trial's outcome.

Prosecutors had accused former school matron Tiny Virginia Makopo of trying to kiss and fondle girls at the school soon after it opened in 2007 outside Johannesburg. Makopo also had been accused of assaulting one of the teens as well as a fellow supervisor.

Mthunzi Mhaga, a spokesman for South Africa's National Prosecuting Authority, said yesterday that Makopo had been acquitted of the charges.

"The magistrate indicated that the state did not prove its case beyond reasonable doubt on all the charges," Mhaga said.

THE ASSOCIATED PRESS

Oprah's school

The lavish $40 million US Oprah Winfrey Leadership Academy for Girls, which opened in January 2007, aims to give girls from deprived backgrounds a quality education in a country overcoming apartheid.

- **Campus.** The school is spread across a 22-acre campus, with computer and science labs, a library and wellness centre.
- **Environment.** Winfrey said the school's staff is committed to providing a nurturing educational environment.

9 "I will forever be proud of the nine girls who testified with the courage and conviction to be heard," said Winfrey.

JEROME DELAY/THE ASSOCIATED PRESS



▶ Tiny Virginia Makopo, 27, who was accused of trying to kiss and fondle girls at Oprah Winfrey's school for girls soon after it opened in 2007, appears in front of the judge in Sebokeng's court, South Africa, in this April 21, 2008 file photo.

Enter the world's largest photo contest

2009 WINNER: HAZEL COONAGH



Hazel Coonagh, Irish reader, and one of the Metro Photo Challenge winners from last year, chose to go to New York as her winner's trip, and raves that the prize was "just amazing."

"[Metro Photo Challenge] has definitely helped my career. It was a huge honour and surprise, and helped get my name out there," Coonagh says.

"And it gave me a big boost of confidence."

Coonagh, who lives and works in Dublin and recently began interning for a magazine, focuses on photographing "mostly people."

"I always have my camera with me when I ride my bike through Dublin, but I haven't found any moments that are as good as the one I won Metro Photo Challenge with," she says.

The contest started in Sweden six years ago, and now runs globally.

Last year, more than 130,000 photos were submitted. All winners have their photo published in all of Metro's papers.



▶ Hazel Coonagh shot this photograph of an abandoned lot on her Photo Challenge winners' prize trip.

Interested?

The Metro Photo Challenge is open to both amateur and professional photographers.

- **The winner** of the worldwide photography contest will be awarded a trip for two to a city where Metro publishes.
- **For more details,** or to register, visit metrophotochallenge.ca

Rescue nears for 33 Chilean miners

They'll come up one by one in green overalls bearing their names on their chests — first the fittest, then the weakest — in a rescue steel cage.

The dramatic endgame hastened yesterday for the 33 Chilean miners who have braved two months underground, with rescuers reinforcing the escape shaft. If all goes well, everything will be in place late today to begin pulling the men out, officials said.

Officials have drawn up a secret list of which miners should come out first.

THE ASSOCIATED PRESS

University falling into state hands

Iran's leader issued a decree yesterday paving the way for a state takeover of Iran's largest private university, in a crushing blow to the nation's moderates. The Islamic Azad University was a major site for opposition protests.

THE ASSOCIATED PRESS

GETTY IMAGES



▶ Ayatollah Ali Khamenei

China blocks kudos of Nobel peace prize

China yesterday blocked European officials from meeting with the wife of the jailed Nobel Peace Prize winner, cut off her phone communications and cancelled meetings with Norwegian officials — acting on its fury over the award.

UN human rights experts called on Beijing to free democracy campaigner Liu Xiaobo, who was permitted a brief, tearful meeting with his wife Sunday. Liu dedicated the award to the "lost souls" of the 1989 military crackdown on student demonstrators.

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Bombing inquest opens in London

IAN NICHOLSON/GETTY IMAGES



▶ Judge Heather Hallett

An inquiry into the 2005 London suicide bombings opened yesterday, with victims' family members reliving their nightmares as details poured out about the slow response to the attacks, confusion on the ground and how the bombers were seen laughing as they travelled to the city to commit mass murder.

Some relatives of the 52 commuters slain on July 7, 2005 wept in court as they heard conversations recorded just after the explosions in which confused London Underground staff struggled to grasp the scale of what had happened.

The inquest at London's Royal Courts of Justice opened yesterday — more than five years on from the bombings — with a minute's silence in memory of the victims of one of Britain's deadliest terrorist attacks.

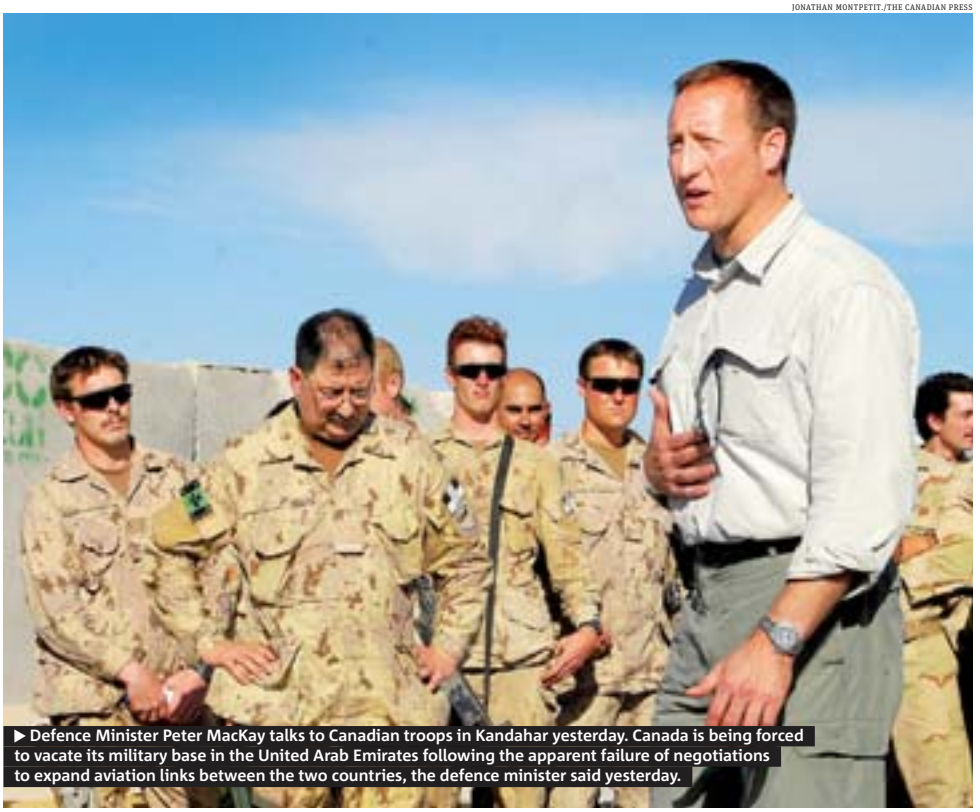
The coroner, senior judge Heather Hallett, said she would "balance carefully the needs of national security with relevance and fairness."

"It is in the interests of everyone that these inquests are conducted in as open a manner as possible," she said.

She said she had yet to decide whether to hear some evidence in private.

THE ASSOCIATED PRESS

JONATHAN MONTPETIT/THE CANADIAN PRESS



▶ Defence Minister Peter MacKay talks to Canadian troops in Kandahar yesterday. Canada is being forced to vacate its military base in the United Arab Emirates following the apparent failure of negotiations to expand aviation links between the two countries, the defence minister said yesterday.

Plane barred from U.A.E. air

Aircraft carrying Canadian delegation forced to detour ◐ One media report suggested ministers and general are now in Europe ◐ U.A.E. ambassador had warned failure of air-travel deal would affect relations

Canada's top soldier and two cabinet ministers were up in the air yesterday, their flight plans disrupted after the United Arab Emirates denied them landing in retaliation for a failed business deal.

Defence Minister Peter MacKay, Veterans Affairs Minister Jean-Pierre Blackburn and Chief of the Defence Staff Gen. Walt Natynczyk were flying home from a three-day visit in Afghanistan when the wealthy Gulf nation closed its airspace to their plane, a military source in Ottawa confirmed to The Canadian Press.

Just hours earlier in Kandahar, MacKay indicated that Canada was being forced to vacate a military base in the U.A.E. following the failure of negotiations to expand aviation links between the two countries.

"At this point, we will abide by the wishes of the Emirates, and ... we will be leaving the base." MacKay said a short time before he boarded the plane.

THE CANADIAN PRESS

Wartime hub

By forcing Canada to vacate its base in Dubai, a once-secret installation known as Camp Mirage, the U.A.E. will disrupt the Canadian military's principal supply line to Afghanistan.

- **Important supply centre** Camp Mirage is Canada's only logistical hub in the Middle East.
- **Alternative in Pakistan** The only other regular resupply route for the military in Kandahar is an overland crossing from Pakistan, which to date has been reserved for low-priority items.
- **High security risks** Convoys travelling from Afghanistan's neighbour usually hire private security to fend off Taliban attacks.

Take bones seriously: Group

Only a small proportion of Canadians with fractures from brittle bones get treatment to prevent future breaks that can lead to disability and even death, says Osteoporosis Canada, which plans to unveil new guidelines today for managing the disease.

The guidelines are meant to improve the diagnosis and treatment of fragility fractures caused by osteoporosis, which affects almost two million Canadians. One in four women and at least one in eight men over age 50 have the disease.

"We know that in Canada, and indeed globally, most people after a major fracture event are just not getting appropriately looked after," said Dr. William Leslie, chairman of Osteoporosis Canada's scientific advisory committee and a co-author of the guidelines.

Osteoporosis is a condition that causes bones to become thin and porous. The disease is most common in postmenopausal women, but can also develop in men and, in rare cases, even in children. Smoking, lack of weight-bearing exercise, taking certain medications and being underweight are among the causes of brittle bones.

THE CANADIAN PRESS

Airlines want more of Canada

At the heart of the dispute are demands by two U.A.E. airlines to increase the frequency and destinations of their flights to Canada. They currently operate a total of six flights a week to Toronto from Dubai and Abu Dhabi.

Air Canada has argued against increasing the flights, saying there is very little passenger traffic originating from the U.A.E.

THE CANADIAN PRESS

Capital Health

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Doing business. With Russia



▶ California Gov. Arnold Schwarzenegger speaks during a meeting with businessmen in Moscow.

MIKHAIL METZEL/THE ASSOCIATED PRESS

Arnie eyes Russian gold mine

Schwarzenegger praised Russia yesterday as a "gold mine" for foreign investors during a trade mission intended to help expansion of Silicon Valley companies. He is leading a delegation of business leaders and venture capitalists.

Microsoft bets big on new smartphones

Software won't support copying and pasting of text

Microsoft Corp. knows the cellphone world is where it's happening and is determined to be part of it.

After years of declining sales of phones based on its Windows Mobile software, Microsoft is starting with a fresh slate — a completely new operating system for phones.

The new handsets will go up against Apple Inc.'s iPhone and the expanding number of phones running on Google Inc.'s Android operating system.

The first phone with Windows Phone 7 Series will be the Samsung Focus, which hits AT&T Inc. stores Nov. 8 for $200 US with a two-year contract requirement, Microsoft said yesterday.

It will be closely followed by two more phones, made by LG Electronics and HTC Corp.

In all, Microsoft announced nine phones for the U.S. market yesterday, including one from Dell Inc., and it has lined up 60 carriers in 30 countries to carry Windows Phone 7.

To stand out from the competition, Microsoft has given the software a different look, centred around

RICHARD DREW/AP PHOTO



▶ Windows Phone 7 powered Samsung Focus

"tiles" that are supposed to tell the user at a glance about new information, such as email and Facebook status updates.

Both the iPhone and Android are more application-centred — the user has to tap on an app to see new information.

The software is designed to work well with Microsoft's cash-cow Office applications and to connect to Xbox Live, the company's online game service. But the tens of thousands of applications written for Windows Mobile won't work on Windows Phone 7.

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Market moment

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Rio readers get a taste of Metro

Metro has expanded its global presence again. Metro Rio de Janeiro launched Sept.30.

Metro is the world's largest global newspaper with a unique reach of more than 17 million daily readers. It's published in 15 languages across 19 countries, and distributed in more than 100 major cities throughout North and South America, Europe and Asia.

METRO

Google tests out robot cars

Google Inc. is road-testing cars that steer, stop and start without a human driver, the company says.

The goal is to "help prevent traffic accidents, free up people's time and reduce carbon emissions" through ride sharing, project leader Sebastian Thrun wrote on Google's corporate blog. The cars are never unmanned, and a backup driver is always monitoring the software.

THE ASSOCIATED PRESS

Professor wins award

Professor Ted Sargent's new nanotechnology-based QuantumFilm image sensor chip, which may soon help you take better pictures with your cell-phone camera, has won the Wall Street Journal's top award for technological innovation in the area of semiconductors.

"What QuantumFilm does is it brings all the benefits of old-fashioned film and integrates them on to a chip," says Sargent, 37, Canada Research Chair in Nanotechnology at MIT.

The sensor is designed to capture 90 per cent of available light, instead of the 25 per cent by standard sensors.

TORSTAR NEWS SERVICES

JODI HILTON/GETTY IMAGES



▶ Professor Ted Sargent in the laser lab at Massachusetts Institute of Technology.

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DECIPHERING THE FIFTH DATE VANISHING ACT

She says ...

JESSICA NAPIER



Have you ever gone out with a guy on a few great dates and then — POOF — all of a sudden he's gone without so much as an "I'm really busy right now" voice mail?

Of course you have (OK maybe you haven't) because it seems as though these disappearing daters are becoming a problem so rampant they might as well be bedbugs.

In the past few months I've watched a number of my single girlfriends repeat the same disastrous dating pattern. They meet a guy, date him for a month and then never hear from him again. What the hell fellas? Are men just cowards when it comes to confrontation or are you getting lost in some sort of fifth date vortex that I'm unaware of?

In a recent conversation with a womanizing friend of mine, we'll call him Richard (10 points if you can guess the subtext of his alias), I posed the question, why do guys vanish?

He offered a number of reasons why someone who seems interested might suddenly drop off the face of the Earth. Maybe he's a commitment phobe or there was an ex-girlfriend who wasn't really that "ex" after all. Or perhaps, as Richard so delicately put it, something better (i.e., someone hotter) came along.

Charming.

"He admits the theory is flawed; basically, men just don't want to see women cry."

But the question isn't why your guy lost interest, but why he wouldn't bother to tell you. Richard rationalizes, and I'm being generous with the word "rational" here, that ignoring you is actually the more compassionate approach. "If there's no confrontation, how can she get hurt?"

He admits the theory is flawed; basically, men just don't want to see women cry.

Newsflash gentleman, we're not as fragile as you might think. We'll get over you (you were probably a jerk anyway). If it's not meant to be we understand, but at least have the decency to fill us in.

And while he's reassessing his single status we're left dreaming up elaborate excuses to explain where Mister MIA might be. "I'm sure he hasn't called because he's really busy at work/lost his phone/got hit by a bus" etc. Soon enough it becomes heartbreakingly obvious that he's decided to dump you without getting his hands dirty.

Let's face it, ultimately we'll never really understand where these hunky Houdinis go and why on Earth there isn't any cellphone reception there. It's best to just forget about him. If you have been a victim of the fifth date vanishing act don't let it discourage you. After all, the show must go on.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER



Fly me to the moon

Worth mentioning

Virgin Galactic's space tourism rocket SpaceShipTwo achieved its first solo glide flight Sunday, marking another step in the company's eventual plans to fly paying passengers.

SpaceShipTwo was carried aloft by its mothership to an altitude of 45,000 feet and released over the Mojave Desert. After the separation, SpaceShipTwo, manned by two pilots, flew freely for 11 minutes before landing at an airport runway followed by the mothership.

The entire test flight lasted about 25 minutes.

The final frontier



The six-passenger SpaceShipTwo is undergoing rigorous testing before it can carry tourists to space. In the latest test, SpaceShipTwo did not fire its rocket engine to climb to space.

Until now, SpaceShipTwo has flown attached to the wing of its special jet-powered mothership dubbed WhiteKnightTwo.

Sunday was the first time the spaceship flew on its own.

The news was hailed by space tourism advocates.

Tickets to ride aboard SpaceShipTwo cost $200,000. Some 370 customers have plunked down deposits totalling $50 million, according to Virgin Galactic.

THE ASSOCIATED PRESS

What did you want to be when you were a child?

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Publisher Greg Lutes, **Managing Editor** Philip Croucher, **Sales Manager** Diane Curran, **Distribution Manager** April Doucette

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Metro Minute at Prismatic festival

The Prismatic festival — an event to "celebrate the talents and vision of Canada's leading culturally diverse artists" — is in full swing today. Organizers call it a stimulating arts experience of dance, music, theatre and visual arts.

Today and Wednesday, the Halifax Praise Choir will serenade folks at the Halifax Stanfield International Airport in a free event at 2:30 p.m. Native Earth Performing Arts, Canada's oldest professional native theatre company, is performing Almighty Voice and His Wife at the Sir James Dunn Theatre in two shows tonight. Halifax spoken word performer Shauntay Grant will perform Thursday at the Sonic Temple. METRO HALIFAX

RYAN TAPLIN/METRO HALIFAX



▶ Shauntay Grant will perform Thursday at the Sonic Temple during the Prismatic festival.

More pain in the funny bone

- Jackass 3-D takes bathroom humour to a whole new level
- Aging stooges have no plans to retire



▶ Jackass director Jeff Tremaine: "By chance we ended up with a really extraordinary group of idiots."

PHIL BROWN
SCENE@METRONEWS.CA

For anyone who enjoys the simple pleasure of watching a grown man get kicked in the groin and covered in fecal matter until he vomits, there is no movie more highly anticipated than Jackass 3-D.

This celebration of stupidity has been a pop culture institution for a decade, spanning a successful TV series and three movies.

"If you had told us 10 years ago we would make a 3-D movie, we'd probably laugh in your face," Jackass creator/director Jeff Tremaine said.

Critics who despise the group's love of bathroom humour and pain may never understand it, but there is an innocent joy to their slapstick antics that isn't far removed from The Three Stooges.

"It's a really primal type of funny," claimed Johnny Knoxville, who has become a star through the series.

"On this movie, I got a concussion, whiplash. stitches, and a dislocated shoulder.

Stunts

Knoxville And Tremaine on turning down Jackass stunts:

- **JK:** "We're all willing to do the stunts. The only time that we won't do a stunt is if the spirit isn't right. Everyone has to feel like, 'Ok, this is going to suck, but we're going to do it.' But if there's a negative vibe going around the set, we'll say 'ok, let's not do that stunt right now.
- **JT:** And that's extremely rare. When we get the guys together, it's usually gold.
- **JK:** "Wrangling the guys is tough. Pontius has his own personal wrangler. ... We were shooting the 3-D test ... and right in the middle of the scene Pontius just walked out. We were like, 'Where are you going?' He just said, 'I'm going to buy some chewing tobacco.' So we have someone with him all the time now."

Classic moments of Jackass

For 10 years no one has mastered comedic masochism quite as well as the lovable morons of Jackass. With the upcoming Jackass 3D promising to send self-inflicted pain and poo jokes into a new dimension, we thought we'd take a look back at some of the best (or worst) moments in the history of the franchise.

The Self-Defense Test
The stunt that started it all. Then freelance writer Johnny Knoxville decided to test mace, a taser, and a stun gun on himself to determine the effectiveness of the self-defense devices. Unsurprisingly the final verdict was that they all work, but the tape was shockingly hilarious, caught Larry Flynt's attention, and spawned a franchise.

The Cup Test
Being John Malkovich director Spike Jonze is an unexpected Jackass collaborator and one of his greatest contributions was the idea for this TV sketch in which Johnny Knoxville donned a sports cup and tested its durability against the likes of paintballs and a sledgehammer. It hurt and we all laughed.

The Fart Mask
What happens when you trap a fart and the charmingly insane Steve-O inside a diver's helmet? Comedy genius. What exactly happens during this minute-long clip defies explanation and needs to be seen to be believed. Simultaneously one of the funniest and most disgusting things you'll ever see. A statement that sums up the appeal of Jackass in a nutshell. PHIL BROWN

2 scene

HBO



HBO says Al Pacino is set to star as legendary record producer Phil Spector in a TV film to be written and directed by David Mamet.

The film will tell the story of Spector, who long ago recorded such acts as the Beatles, Cher and the Ramones. Now, at age 70, he's serving a prison sentence of 19 years to life for murder. He was convicted for the 2003 shooting death of actress Lana Clarkson.
THE ASSOCIATED PRESS

Jay Leno drops by Sarah Palin's hometown, cuts ribbon to open recruiting office. Scan code for story.

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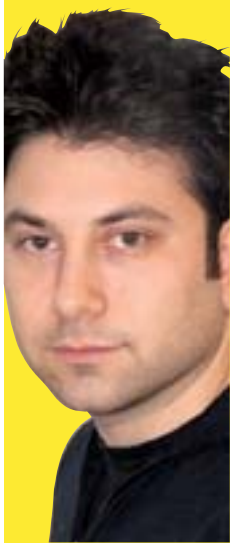


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LENNON'S LEGACY EXAMINED

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA



If John Lennon were still alive, you can bet there would have been one hell of a party for the former Beatles' 70th birthday last Friday. But instead, we have to read articles about what the peacenik would have been like 30 years after he was shot dead by Mark David Chapman.

Lennon's legacy is a complex one. His wife, Yoko Ono, has made it her mission to keep his music on the radio, in movies and, to some controversy, in commercials. It's to her credit that the legendary rocker is still as omnipresent as he is — in some ways it feels as if he's still making music in New York City.

Luckily, the singer-songwriter's tunes have stood up after all these years, so Ono hasn't had too much trouble convincing people to keep his music playing. What his been more difficult is pushing his message of peace and love.

It's impossible to know what Lennon would have said about the Iraq and Afghanistan wars, or 9/11 or the war on terror, but you can assume he'd be angry about the growing body counts around the world. It would be nice to think that he'd do something as provocative as his 1969 bed-in to protest the Vietnam War — he recorded Give Peace a Chance in Montreal during one of his week-long hotel room stays — but it's just as plausible that he would have been disaffected by the continued disregard for public opinion. (See Iraq War.)

Ono says Lennon would have still been active — she says he'd take to Twitter to voice his displeasure of the Iraq and Afghanistan wars. That doesn't seem like the best way to inspire activism, but at least he'd be doing something, and hopefully he would have followed up with more provocative action.

But, we can speculate all we want, the fact is, it's this part of Lennon's legacy that has been lost. These days Give Peace a Chance is more of a campfire tune than a protest song, and while other artists have spoken out, no one's made it a central part of their identity.

Maybe we're all too cynical these days, but his messages of peace feel quaint; they don't carry nearly the same weight as they did 40 years ago.

And that's a shame. If there's anything Ono should have been reminding us about, it's that Lennon's wish to see everyone get a long still matters.

JEFF GOODE/TORSTAR NEWS SERVICES



▶ John Lennon would have turned 70 years old on Friday.

DVD Releases Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●



Twisted tale of life

Splice
Genre: Sci-Fi
Director: Vincenzo Natali
Stars: Adrien Brody, Sarah Polley
●●●●

What exactly have Sarah Polley's Elsa and Adrien Brody's Clive cooked up in their gonzo genetics lab? Should they kill it, rear it or send it flowers?
The answers aren't so easy, and they lead to the deliciously twisted tale of Splice, which also comes with a dangerously pointed tail.

Toronto's Vincenzo Natali (Cube) owes a debt to two Davids, Cronenberg and Lynch, and also to executive producer Guillermo del Toro.

Elsa and Clive, a young married couple, are "transgenic developers." What Elsa and Clive really want to do, which is to create new life forms, achieved by splicing together mammalian, amphibian, avian and other non-human DNA. The main attraction is too good to say too much about. It's a life form that results when Elsa impulsively adds some human DNA to the chicken soup of genetic material that she and Clive have been working with.

They call their rapidly growing creation Dren, played by Abigail Chu as an infant and the remarkable French actress Delphine Chanéac as a fully grown … whatever.

PETER HOWELL

Jonah Hex
Genre: Action
Director: Jimmy Hayward
Stars: Josh Brolin, John Malkovich, Megan Fox
●½



Lots of things go ka-boom and rat-a-tat-tat in Jonah Hex, a barrel-scraping attempt at another comic book movie franchise.

Jimmy Hayward's artlessly directed and sloppily written production, which is drawn from the DC Comics series of the same name. Josh Brolin plays the title anti-hero, bereft of humour.

Hex is a bounty hunter and former Confederate Army soldier, condemned by dark magic to exist in an other-world between life and death. He's summoned by the U.S. president to help save his still-young country.

Seems the odious terrorist Quentin Turnbull, played by John Malkovich in full shrubbery- chewing mode, has managed to acquire a weapon of mass destruction that looks a lot like an atomic bomb.

You'd have thought the studio would have learned from the spectacular failure of Wild Wild West a decade or so ago.

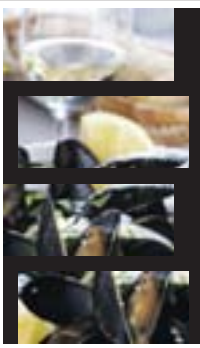
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Dad against Lohan as porn queen

Lindsay Lohan still has one movie lined up after rehab, playing Deep Throat star Linda Lovelace. But her dad doesn't want her to do it.

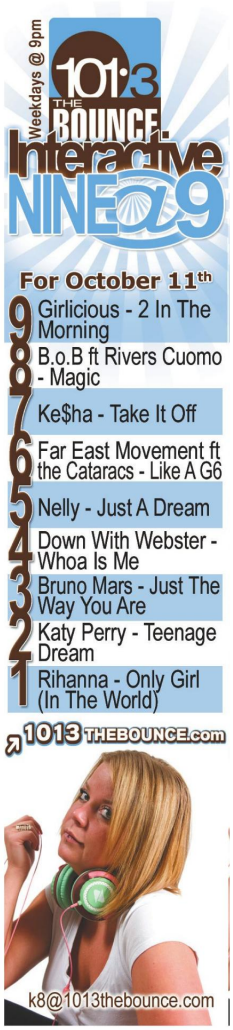
"Why would a girl of Lindsay's caliber stoop to doing a movie about a stripper who was a porn queen who got raped by seven executives at one time and wound up dying? How dark is that?" Michael Lohan tells the Sunday Times magazine. ● METRO

Bieber's mom upset

After Justin Bieber was spotted locking lips with a girl last month, his mom has reportedly banned him from dating, according to Hollyscoop.

"Pattie's freaking out that she's losing control of her boy," a source says.

Of course, it doesn't help matters that the girl in question, Jasmine Villegas, was part of Bieber's opening act on his tour. ● METRO



Michael treated well in prison

Singer says inmates and staff were kind and he was given no special treatment ● Served four weeks for drug possession and driving under the influence

George Michael was released from prison in England after serving four weeks of an eight-week sentence for drug possession and driving under the influence, according to the BBC.

After one week in London's tough Pentonville Prison, the pop star was moved to a less intense jail in Suffolk.

"Believe me when I tell you that in the last three weeks there have been no tears, no anxiety, no bullying, in fact not so much as a sleepless night for me," Michael said in a statement upon his release.

"On the contrary, I have been treated with kindness by fellow inmates and prison staff alike and as far as I can tell, have received no special treatment of any kind whatsoever." ● METRO

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▶ George Michael spent four weeks in prison.



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▶ Laura Dern and Ben Harper in happier times.

Dern, Harper file for divorce

After five years of marriage, Laura Dern and musician Ben Harper have split up, according to TMZ.

The very private couple filed for divorce late last week, citing irreconcilable differences. They're seeking joint custody of their two children. According to the filing, the couple actually separated back in January but have kept it under wraps since then. ● METRO

Twilight stars in LA

GETTY IMAGES



▶ Twilight co-stars Robert Pattinson and Kristen Stewart.

In between movie shoots in Louisiana, Kristen Stewart made a quick trip to Los Angeles, where she and Twilight co-star and rumored boyfriend Robert Pattinson were spotted having a cozy night out at the Thompson Hotel in Beverly Hills, according to X17.

The pair shared a drink at the hotel's rooftop bar before leaving together. Stewart just completed filming On the Road in New Orleans, and production on the fourth Twilight film is said to be filming soon in Louisiana. ● METRO

Celebrity tweets



Ashton Kutcher [@aplusk] Sharing Love & Light while in Israel. Asking 4 the energy 2 forge bonds with our similarities & find compromise in our differences.



Heidi Montag [@heidimontag] Today is the first day I have decided I am done forever wearing my nose tape! Its been long enough!



Kanye West [@kanyewest] Flight Wednesday October 13th ... Sydney to Frankfurt 22 hours ...well there's a 1 hour refuel but basically it's 22 hours all 2gther



Kelly Osbourne [@MissKellyO] just went to the gym where i was told i was not allowed in unless i coverd my tattoos with flesh colored tape it was sooooo weird! ● METRO

RYAN REMIORZ/THE CANADIAN PRESS



▶ Canada's Jamie Adjetey-Nelson celebrates after winning the men's decathlon at the 2010 Commonwealth Games in New Delhi, India.

Running right

How to properly fuel your body and get the most out of your training

CELIA MILNE
LIFE@METRONEWS.CA

What do you eat after a run? Are you kind to your muscles?

For Canada's top athletes at the Commonwealth Games, nutrition is an integral part of training. Food fuels the body, and the right nutrients at the right time boost performance. What about us regular folk?

We asked sports nutrition expert Nanci Guest what healthy, active people can do to improve their everyday nutrition. Guest knows her stuff: she was in charge of menu planning for the 2010 Olympics in Vancouver, and has worked with the Vancouver Canucks hockey team. Her pointers are: eat more protein throughout the day, and be sure you are getting lots of omega 3s and antioxidants. Runners think of fueling their bodies with carbs, and often don't pay enough attention to protein, says Guest. Eat small amounts of protein throughout the day — at all meals and snacks — because your body doesn't store it. Sources of protein include yogurt, milk, cheese, chicken, beans, eggs, tofu, and meat.



"Your body needs to repair muscles 24/7"
PORTS NUTRITION EXPERT NANCI GUEST

Eating more protein will help prevent strains and soreness, and help you recover from your workouts quicker.

"Your body needs to repair muscles 24/7," says Guest.

Soon after a workout the perfect snack is skim milk and an apple or a banana, she says. If you prefer chocolate milk, add a little chocolate yourself, as store-bought chocolate milk is loaded with sugar.

Antioxidants also help with muscle recovery. Look for colourful fruits and vegetables — red, yellow, green, purple and white.

"They each have different nutrients, so eat lots of different colours," says Guest.

Good fats are also vital because they help reduce inflammation. "When we exercise, we automatically get inflammation. It happens at the cellular level. Fish and fortified dairy products are the greatest sources of omega-3s."

Snacks

Hungry and on the run? A snack doesn't have to be a bag of potato chips and a Twinkie.

- **Why we eat it** We revert to those snacks because they're readily available.
- **Plan ahead** A little advance planning can help you avoid cravings for cake, cookies, chips and chocolate bars.
- **What to eat** Vancouver sport dietitian Nanci Guest came up with some healthier snacks you can throw in your work bag: multigrain bagels, low-fat muffins, cereal in a Ziploc bag, fruit leather, energy bars, fig Newton's, yogurt, bananas, apples, oranges, peanut butter and crackers, popcorn, raisins, carrots, unsalted nuts, trail mix, and cheese strings.
- **Why they're good** These foods contain more nutrient-dense calories than the junk.

CELIA MILNE

3 life

Flu shots



The National Advisory Committee on Immunization recommends that all Canadians over six months old be immunized against seasonal influenza, but stresses that the following high-risk groups should be vaccinated. Among them are: Adults and children with chronic health conditions, healthy pregnant women, members of a household expecting a newborn during flu season.
THE CANADIAN PRESS

Canadian moms most likely to upload child's prenatal sonogram online: AVG report



No bottoms left behind

Ellen Pompeo lending support to diaper drive to aid families in need
Plight finds parents forced to choose between child care and nappies

NATHAN DENETTE/THE CANADIAN PRESS



▶Actor Ellen Pompeo of Grey's Anatomy is getting involved in an initiative to help address diaper need in Canada, particularly among families who may be struggling to offer necessities to their children.

In her adult life, actress Ellen Pompeo has lent her name to various social causes but she's the first to admit it was a bit of a different story during her childhood.

"When you;re little, a teenager, you have the weight of the world on your shoulders. The last thing you're thinking about is helping other people," Pompeo said candidly in an interview Thursday at a downtown hotel. "You just want to get through every day when you're a teenager."

"Success has come to me later in life, and it's given me a great deal of perspective," she added. "And to those of us who have been given a lot, a lot is expected."

The Grey's Anatomy star is hoping to encourage fans of her hit TV medical drama and others to join her in a campaign that highlights a need among struggling families with babies.

Pompeo is ambassador of the Every Little Bottom program, spearheaded by Kimberly-Clark, the maker of Huggies.

In June, the company announced plans to give away millions of diapers in Canada and the U.S., while raising awareness about the plight of parents who find it difficult to provide nappies for their little ones.

It coincided with the release of a study which revealed nearly one in five Canadian moms struggle to provide diapers to their babies, leading them to cut back on basics like food, utilities or even child care to ensure they have enough.

What's more, some even run out of clean diapers. Babies may be kept in wet, dirty diapers for extended periods of time, or in more extreme cases, made to wear disposable diapers that have been cleaned or dried out.

Pompeo, 40, was in Toronto for a media tour to discuss the launch of the latest phase of the initiative — what's being billed as a first-of-its-kind national diaper drive. It will include a series of local drives, events, a donation from the brand and other activities to come up with as many as two million diapers for babies in need.

Girl Guides Canada is also on board, with its members being asked to support the program through diaper collections and drives for local food banks.

Pompeo said she was approached and asked to be involved with the campaign and was educated about the need for diaper drives.

She said she found the numbers relating to moms struggling to provide diapers for their babies "staggering."

But Pompeo also views it as a problem that can definitely be fixed.

"I have passion for something when I think there are very, very attainable goals, and this certainly is an attainable goal: to bring those numbers down," she said.

"For every Canadian citizen who have the means, and certainly, there are people out there who have the means with children, who can empathize with these families that are struggling," she said.

"Just buy one package of extra diapers, one extra package a month or a week — whatever you can afford when you're buying your own diapers can make a huge impact."

Pompeo, who is a mother to one-year-old daughter Stella, said she has been touched by what she describes as "heartbreaking" stories of families who have been directly affected by the issue, some of which are posted on the program's site.

She recalled one in particular — a mother whose child had leukemia, and had to take a leave of absence from work to care for her child, putting her in a situation where she was struggling to make ends meet.

"I think the stories would break your heart regardless, but being a new mother, hearing those stories just break your heart a little deeper."

THE CANADIAN PRESS

The campaign

How it's changing the way people spend money

Money It coincided with the release of a study which revealed nearly one in five Canadian moms struggle to provide diapers to their babies, leading them to cut back on basics like food, utilities or even child care.



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It's so easy being a couch potato... but if you let yourself slip too far, you may actually become one



ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

We live in a society obsessed with not just looking good but looking great, being not just slim, but sample size skinny, and where Botox injections are becoming as commonplace as moisturising cream.

Even men are regulars in tanning and waxing salons.

If this is so, then why are so many people out there still not looking after their health as they should?

Is it down to lack of time, stress or are they just downright lazy?

Why are so many people lazy when it comes to diet and exercise?

According to personal trainer Tracy Anderson, who has trained Hollywood's elite including Gwyneth Paltrow and Madonna, most of us are after a quick fix solution when it comes to improving our lifestyle.

"People can become lazy after having been sold a false promise," she says. "If you go out and buy an exercise DVD that promises to make you lose 'X' amount in one week, and nothing happens, then you will be reluctant to do it again. The result is that these small failures make them lose faith in their ability to either lose weight or become fitter. People are not always lazy for no reason, they could just be discouraged."

Get up!

Anderson's killer move to get you started

All 4's knee tuck extend to arabesque: Kneel on hands and knees, working leg tucks into chest with knee off the floor, then extends to a straight leg behind the body with toe turned toward side and leg it turned out rotated from hip

You're so vain ... the triggers

We are all unique, inspired by different things, meaning some people will only commit to exercise if they feel part of something important.

FLICKR CC ALVI2047



▶ Put down the remote and hit the track.

"Competition, music, vanity and circumstances like breaking up with your partner or changing jobs are all things that can trigger someone's motivation," explains Anderson, who witnesses this sort of resistance daily.

Thoughts on...
Thriving

Dare to live out your dreams

ADVICE All the elements for your success are already within you, so you are already equipped to thrive.

Don't hesitate, don't over think, don't play it safe.

Take a leap of faith and commit fully to what you really want to manifest and in the process you will find yourself thriving in new and magnificent ways.

In life, a time will come when you need to push beyond the limits of what is familiar, the norm, predictable, safe and completely surrender to your dreams in order to succeed.

The path to success, in whatever form you wish to create it, requires a blend of faith, commitment, discipline and consistency which help you to thrive to new heights.

Thriving or positive flow of events aren't just an accident but the natural outcome of unwavering efforts, and the further commitment to your dreams, desires and goals.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

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Health check: Fingernails



Your nails are a barometer of your health. Nutritionist Michele Kingston says to watch out for the following health warnings:



1 Dry and brittle nails: Could be indicative of an essential fatty acid deficiency. Increase your intake by adding a tablespoon of flaxseed oil to your salads every day and eating two to three portions of oily fish such as salmon, sardines or herring each week.

2 Soft and peeling: Peeling nails can be a sign of calcium deficiency — but don't reach for the cheese! The most absorbable form of calcium is from dark green leafy vegetables.

3 Vertical ridge: Indicate general nutrient deficiencies, so cut out alcohol and smoking, which deplete your body of essential vitamins and minerals and eat lots of fruit, vegetables and whole grains.

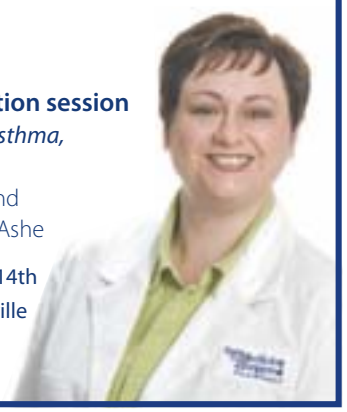
4 Horizontal ridges: Indicate an under active thyroid so increase selenium, zinc and iodine in your diet

5 White spots: If you have several white marks on your nails you are possibly lacking in zinc so make sure include lots of nuts, seeds, seafood, lentils and brown rice in your diet.

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THE WORLD'S BEST

Dalhousie professors honoured for architectural design in Pictou

RICHARD WOODBURY
FOR METRO HALIFAX

Three Dalhousie University architecture professors have been honoured for their design of a health centre in Pictou Landing.

"It's a big accomplishment for the community, not just the architects," says one of the professors, Richard Kroeker, explaining that the community of Pictou Landing has faced many struggles.

"They've had a lot of health problems there related to the pulp mill and the effluent from the pulp mill," he says. "They've also had a long struggle with the Boat Harbour cleanup."

The Pictou Landing Health Centre is a community health clinic that has doctors, dentists, nurses and space for community meetings.

The design for it won the 2010 International Architecture Award for Best New Global Design and was awarded by the Chicago Athenaeum: Museum of Architecture and Design and the European Centre for Architecture Art Design and Urban Studies.

The facility was designed by making use of wood in a traditional First Nations way, which was something Kroeker had previously studied.

"This allowed us to use local trees, which were quite small by diameter, which normally might not be of commercial value, but by bending them and making bent trusses of them, they become quite strong and usable in a larger scale building," says Kroeker.

Future prototype?

Dal prof Richard Kroeker is hoping to replicate the materials and technology used in the building of the Pictou Landing Health Centre for other projects.

"One of the things I'm working on now is to build a kind of prototype house," he says.

One of the advantages is the wood used for the Health Centre was deemed to be of little value for traditional use.

"It's not big enough to saw commercially into timber," says Kroeker.

This wood could be found in forests that have been previously clearcut.

"Often, it's hard to find trees to build with in those places," says Kroeker.

RICHARD WOODBURY

SUBMITTED



▶ The design of the Pictou Landing Health Centre involved using wood in a traditional First Nations way.

NSCAD to offer certificate in community-based arts

RICHARD WOODBURY
FOR METRO HALIFAX

NSCAD University is launching a new program through its School of Extended Studies to help train people to develop and manage community-based arts projects.

$1,800

The tuition cost for NSCAD University's Certificate in Community-Based Art Practice.

"It's a very comprehensive overview of community-based art, both in theory and practice," says Tessa Mendel, the program's coordinator and one of its facilitators.

The term community-based art is a broad one and includes performance, visual and literary arts.

Some of the topics studied for NSCAD's Certificate in Community-Based Arts Practice are the history of art in the community and project management components like fundraising, grant writing and public relations.

Mendel says community-based art is very important to society.

"This is a very, very positive way for people to come together and it's a very positive way to engage people in relating to each other and exploring themes that are important to the community," she says.

The use of the word community does not necessarily refer to a specific geographic area. Community could refer to things such as a specific ethnic group, an age demographic or a group of people with a shared interest. However, whatever community it is must be involved in all stages of the project.

The program is the first of its kind east of Montreal.

ISTOCK



▶ Community could refer to things such as a specific ethnic group, an age demographic or a group of people with a shared interest.

Making a difference

Tessa Mendel knows firsthand the importance of community-based art.

Mendel previously ran theatre programs for youth who lived in public housing projects in Toronto.

"It was a way to get kids to look at issues that might be difficult to face in their lives in a very supportive environment and it also allowed them to express themselves," says Mendel.

Plus, it helped in other ways.

"One girl said to me, 'This program helped me from falling through the cracks that I might have otherwise fallen through,'" says Mendel.

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A healthy cheesecake?

Feeling guilty after Thanksgiving dinner? Here's a healthy choice to get back on track

A love of cheesecake is easily soured when you look at what goes into it. However, there is such a thing as a healthier cheesecake. Check this out:


Cafe Mocha Cheesecake.

Cafe Mocha Cheesecake
Preparation:

1. Heat oven to 150 C 300 F. Coat a 23-cm (9-inch) springform pan with cooking spray.
2. With a rolling pin or the bottom of a heavy skillet, crush cookies into fine crumbs. In a small bowl, stir together cookie crumbs with 15 ml (1 tbsp) of the sugar. Pour mixture into prepared pan and tilt to coat the bottom and sides.
3. In a small bowl, dissolve espresso powder in liqueur and set aside. Place cottage cheese in a double layer of cheesecloth and gather the corners at the top. Squeeze out as much liquid as possible.
4. Place drained cottage cheese in a food processor and process until smooth, about 2 minutes. Add sour cream, cream cheese, flour, eggs, egg whites, cocoa, cinnamon, salt and remaining 300 ml (1 1/4 cups) sugar and dissolved espresso powder. Process until smooth.
5. Pour batter into prepared pan. Bake for 50 to 60 minutes or until the edges are set 2.5 cm (1 inch) from the sides but the centre of the cake is still a bit wobbly. Turn off oven and leave cheesecake for 30 minutes longer to continue cooking.
6. Set cheesecake on a wire rack to cool completely, about 1 hour. Refrigerate for at least 4 hours before removing from the pan and serving. Just before serving, sprinkle lightly with cocoa powder. Make 16 servings.

Ingredients :
- 6 chocolate wafer cookies
- 15 ml (1 tbsp) plus 300 ml (1 1/4 cups) sugar
- 30 ml (2 tbsp) instant espresso powder
- 37 ml (2 1/2 tbsp) coffee liqueur or water
- 500 ml (2 cups) non-fat cottage cheese
- 325 ml (1 1/3 cups) reduced-fat sour cream
- 340 g (3/4 lb) reduced-fat cream cheese
- 90 ml (6 tbsp) flour
- 2 large eggs
- 2 large egg whites
- 30 ml (2 tbsp) unsweetened cocoa powder
- 1 ml (1/4 tsp) cinnamon
- 1 ml (1/4 tsp) salt

THE ASSOCIATED PRESS

Wine pairings by Gallo



PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

When you're in my line of work meeting wine industry celebrities is par for the course. And while it may be the congenial nature of the business, I've found that almost all are gracious and accommodating especially when you get them one on one.

Gina Gallo certainly proved my point when I had lunch with her in Halifax last week. In town for the Port of Wines Festival the granddaughter of Julio Gallo and the public face of the Californian wine giant that is E & J Gallo Wines was happy to share stories of her family's decades in the wine industry and her love of chardonnay.

With such a huge portfolio the availability of Gallo wines across the country varies dramatically. The Gallo Family Vineyards line offers killer value with the 2007 California Pinot Grigio ($7.95 - $11.29) a crisp, refreshing, fish-friendly white with a light tropical vibe of peach, grapefruit and lime.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years.

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Working for your marriage

Commuter marriage can work when spouses tackle game plan together

ROB CARR/THE ASSOCIATED PRESS



▶ Jennifer Dickson hugs her husband David at Baltimore-Washington International Airport. The couple has been living and working in separate cities for three years.

During the week, Joseph Hausmann leads a fairly typical single guy's life.

The 32-year-old engineer lives in a small, rented apartment above a garage, relying heavily on microwavable dinners and an exercise regime that fends off his less than stellar diet.

But Hausmann isn't a typical single guy. On Fridays, he piles into his car and makes the four- to five-hour trip to Newark, Del., back to his house, wife and life as he used to know it before taking a job near Hartford, Conn., in February.

"I liken my experience to going back to college and living in a dorm room," said Hausmann, who started commuting long distance after being laid off, and a subsequent job search that reaped no leads closer to home. It's a situation that, while becoming oddly routine, is hardly ideal for Hausmann and his wife, Jennifer Adams, who continues to work and live in their house, which has been on the market, garnering very little interest.

The difficult job market has given rise in recent years to the number of people in commuter marriages, where couples live in different cities, states or even countries to make ends meet while trying to weather the economic storm.

"I see it all the time," said Nancy Fagan, a San Diego marriage counsellor and divorce mediator who herself lives thousands of kilometres from her husband in Boston.

Not wanting to transplant kids while one parent seeks work elsewhere is a big motivator, she said.

On one hand, there's a certain sense of independence, self-reliance and control, though reconnecting on weekends can be that much harder. That is especially true when it comes to parenting or making household decisions.

It's not unusual for the at-home spouse to take on the role of decision maker, disrupting the flow of married life.

Commuter marriages have other price tags.

"It's very expensive," said Jennifer Dickson, who three years ago left her house and husband in Austin, Texas, to move to Washington, D.C.

In addition to rent for a Washington apartment and a car, Dickson, a communications expert for an environmental group, said airfare and travel budgets have taken a toll. The couple, who have gone from one to two weeks without seeing each other, now make a hobby of jockeying for cheap airfares and building up mileage points to take the edge off. "It was to the point where my husband switched his credit card so we could get points for more home expenses, even a new roof," she said.

THE ASSOCIATED PRESS

living apart

According to 2006 U.S. census data, the most recent available, about 3.6 million married individuals lived apart, not including people who were separated.



▶ Heartbreak led to love for Ashleigh and Scott.

HEARTRBREAK LED TO LOVE FOR FRENEMIES

How We Met: Scott & Ashleigh

Names: Scott, 28, and Ashleigh, 29

Hometown: Surrey, B.C.

Together since: 2005

Their story:

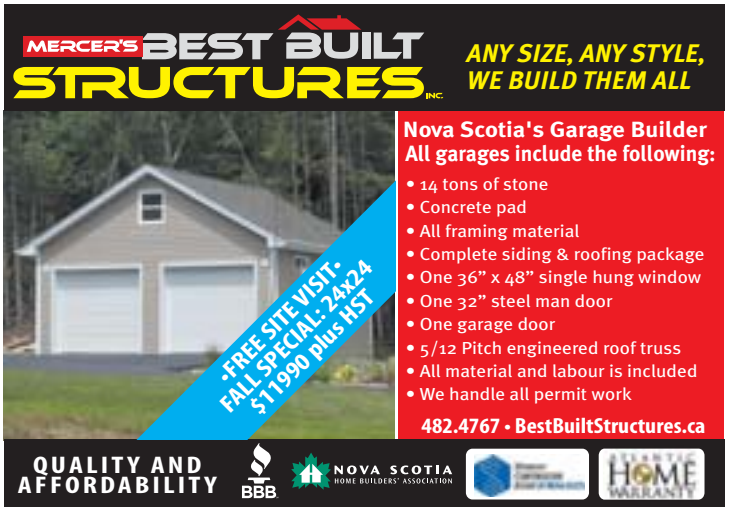
"Scott and I (Ashleigh) were actually frenemies for years

"He saw me as a tomboy; I thought he was overly opinionated. But one time, I was heartbroken over a horrible relationship, so I decided to throw a party and find a date to take — I asked Scott. I got all decked out, and when Scott saw me, my friend had to pick his jaw up from the floor. That night, my former frenemy was a real sweetheart, and we've been together ever since.

"We have three cats, a dog and are just about to buy a house. We are so excited for the future. The moral of our story: You just might find your knight in shining armour — or princess — in an unexpected place!."

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Never ending money worries?

Alison's Money Rule: When it comes to money, the pursuit isn't always enough You need a reason

Poor, sad, rich folk. No, not an oxymoron. A Royal Bank of Canada commissioned study found that less than half (49 per cent) of Canada's millionaires feel they have grown happier as they have accumulated more wealth.

The bank attributes this sorry state of affairs to the fact that having more money creates more complexity and more problems in one's life. The worries include managing investments, planning for retirement and succession planning.

Frankly, I doubt this reasoning. I'm sorry, but I think there's a lot more stress associated with living pay cheque to pay cheque, as 60 per cent of Canadian report of themselves. And what about having to go into debt to get braces for your kids, never mind education down the road or, gasp, retirement?



▶ The key to happiness is not necessarily money.

I'm not saying that people with money don't have problems, they do. But I think there's a different issue at work.

Many people are successful at setting a goal — say a net worth of $1 million — and then striving mightily to reach it. But when they've arrived, it doesn't seem adequate so they move the goal posts to, say, $2 million.

This moving of the goal post is what creates unhappiness, because there's never the satisfaction of completing a job, only the continuing pursuit. Some thrive in the pursuit but most don't.

One solution is to couple a financial goal with a specific reason. The question then is, Why Do You Want a Thousand, Ten Thousand or a Million Dollars? If you don't have an answer you probably won't be satisfied when you reach that magic number.

On the other hand, if your target is a cottage, your own business, early retirement, a second shot at education or perhaps the ability to help a disabled family member, then you're more likely to be satisfied in the end

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SECOND CUP

4 sports

Dunbrack women take home gold

Halifax Dunbrack showed last year they could compete at nationals.

This year they proved they could win it.

The Dunbrack women took down defending champion Edmonton Victoria 2-1 to claim the gold medal in yesterday's national women's club soccer final in Charlottetown.

The national medal is the second straight for Dunbrack, which captured bronze in 2009.

"This was a huge sense of accomplishment," head coach Jack Hutchinson said of the win.

"But I don't think it's like, 'Oh my God, we just won nationals.' It was more like, 'We set out to do this and we did it and we should be proud of ourselves.'"

Leanne Huck scored about 10 minutes in and Kate MacDonald scored in the 26th minute of the first half for Dunbrack.

Goalkeeper Liz Cook helped preserve the victory as Edmonton scored late and pressed for the equalizer.

On the men's side, Dunbrack followed their club mates and also made it to the podium, taking down London FC of Ontario 3-2 in the bronze medal game.

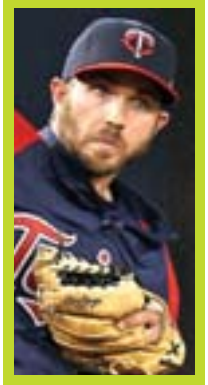
Jonathan Cordoba, Alexander Defraud and Ryan Defraud had goals for Dunbrack.

PHILIP CROUCHER



▶ Dunbrack pose for a championship-winning team photo.

Quoted



"Five days ago we were going to win a World Series and now we're packing up our lockers. It just kind of happened really quick."

TWINS SHORTSTOP J.J. HARDY. MINNESOTA WAS ELIMINATED BY NEW YORK SATURDAY IN A THREE-GAME SWEEP. IT WAS THE FOURTH TIME IN EIGHT YEARS THAT MINNESOTA WAS ELIMINATED FROM THE POST-SEASON BY THE YANKEES.

Long weekend a losing weekend for Moose

- Halifax has dropped six of seven
- Coach calls effort in loss to Moncton 'disappointing'



PHILIP CROUCHER
@METRONEWS.CA

A dozen games in and the Halifax Mooseheads find themselves in familiar territory — near the bottom of the QMJHL standings.

Halifax dropped two home games over the Thanksgiving weekend — 5-1 to the Moncton Wildcats Sunday and 5-3 against the Montreal Juniors Friday.

After missing the playoffs the last two seasons, expectations were higher for this year's edition of the Herd.

And while it's still early, Halifax (3-8-0-1) is tied with the Cape Breton Screaming Eagles for last in the Maritime Division and sit ahead of only the Baie-Comeau Drakkar for fewest points in the league.

Not any easier

▶ The Mooseheads host the high-powered Rimouski Oceanic tomorrow at 7 p.m.

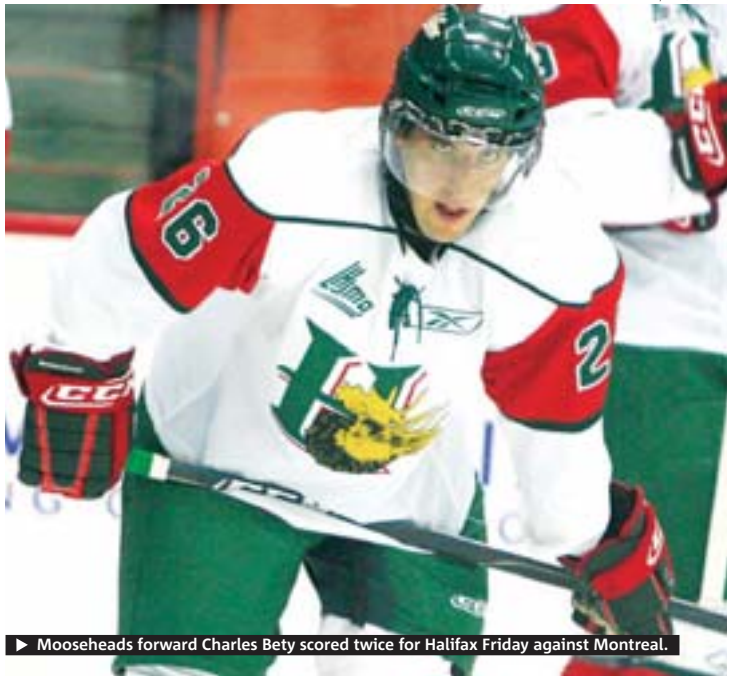
"This year is definitely a different year," said Mooseheads coach Cam Russell. "We've obviously had a really difficult start as far as travel schedule and the teams we've played — we haven't had any easy nights."

Russell said the only "disappointing game" he's seen so far from his young club was Sunday's outing against Moncton, which was playing its third game in as many days.

"We just weren't ready to compete," he said.

"We weren't ready to battle."

RYAN TAPLIN/METRO HALIFAX



▶ Mooseheads forward Charles Bety scored twice for Halifax Friday against Montreal.

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Giants advance to NLCS with win over Cox, Braves

3	2
GIANTS	BRAVES

San Francisco won another thriller, again with help from some shaky Atlanta defence, and the Giants are off to the NL championship series for the first time since 2002.

For Bobby Cox, there are no more games.

Cody Ross homered and drove in the go-ahead run with a seventh-inning single, leading the Giants to a 3-2 victory in Game 4 last night and wrapping up an NL division series that was tight and tense to the very last out.

Cox is retiring after 29 seasons as a major league manager, including 25 with the Braves and four with Toronto. He managed 16 post-season teams.

THE ASSOCIATED PRESS

DAVE MARTIN/THE ASSOCIATED PRESS



▶ Bobby Cox reacts in the eighth inning last night.

Rays aim to complete comeback

RANGERS | RAYS

▶ **Time:** 9 p.m.
Channel: Sportsnet

Rays manager Joe Maddon spoke matter-of-factly, assessing Tampa Bay's chances of completing an improbable comeback against the Texas Rangers in the opening round of the AL playoffs.

Down 2-0 after losing the first two games of the series at home, the AL East champions rebounded to win the next two on the road and force a deciding Game 5 tonight at Tropicana Field.

Post-season ace-for-hire Cliff Lee will start for Texas, hoping to finish what he started with a dominating performance in Game 1.

The Rangers built on the 5-1 victory and were five outs from their first post-season series win before the sputtering Rays — in Maddon's words — got their "mojo" back.

"Getting ahead is really a big component in this series," said Maddon, who will send 19-game winner David Price to the mound in a rematch of the starting pitchers from the opener.

"The first three games we just did not show up. All of a sudden we showed up for what, one-and-a-half games now? Definitely there's a difference in the dugout and within the clubhouse. It's back to where it had been, and that's where we need to be."

The Rays, who had the AL's best record this season, are trying to become the sixth team in major league history to win a post-season series after losing the first two games at home.

THE ASSOCIATED PRESS

.362

Since batting .123 (10-for-81) with one homer through the fifth inning of Game 3, the Rays have hit .362 (21-for-58) with four homers. The Rangers outscored the Rays 11-1 in the first two games, and led in the eighth inning of Game 3.

Favre apologizes for distraction

Eighth-ranked quarterback sent inappropriate messages and photos to Jets hostess

ANDREW BURTON/GETTY IMAGES



▶ Brett Favre talks with Randy Moss during warm-ups last night.

Brett Favre apologized to the Minnesota Vikings for the distraction caused by an NFL investigation into allegations that he sent racy messages and lewd photos to a Jets game hostess in 2008.

A person with knowledge of the situation told The Associated Press that Favre spoke to his teammates yesterday while they were preparing to play the New York Jets at New Meadowlands Stadium. The person spoke on condition of anonymity because he was not authorized to talk publicly about the conversation.

ESPN first reported on Favre's apology.

"The first thing you want to do is find out the facts, and that's what we're trying to do."
COMMISSIONER ROGER GOODELL

NFL commissioner Roger Goodell said yesterday the league is looking to "find out all the facts" regarding the Favre allegations and that once the investigation is finished "then we'll determine what the next step is from there, if any."

Goodell spoke in Chicago, where he is attending league meetings. There was no indication from the NFL when the investigation would be complete or when the league would talk to Favre. The NFL is trying to determine if Favre violated its personal conduct policy. Should the league find he did, Favre could be fined or suspended.

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Pens triumph over Devils

3	1
PENGUINS	DEVILS

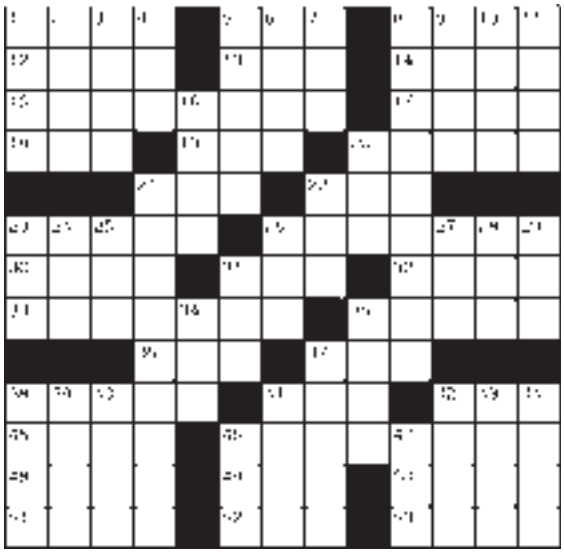
Alex Goligoski and Mark Letestu scored goals within a three-minute span covering the first and second periods to lead the Pittsburgh Penguins to a 3-1 victory over the undermanned New Jersey Devils yesterday.

The Devils fell to 0-2-1, their worst start since the 2001-02 season.

The Devils played the game with a franchise-low 15 healthy skaters due to injuries to Anton Volchenkov and Brian Rolston. They also waived forward Pierre-Luc Letourneau-Leblond just as he was supposed to begin a one-game suspension for instigating a fight against Washington. The Devils began the season with only 20 players due to salary cap limitations.

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Crossword



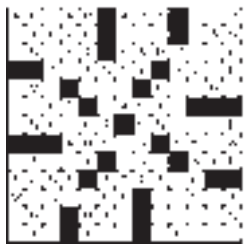
Across

1ACROSS
1 Genie's home
5 Society newcomer
8 Herd members
12 Hodgepodge
13 Eggs
14 Stage statuette
15 Daughter of King Lear
17 Parks of civil rights fame
18 Coloration
19 Every last crumb
20 Skilled
21 Weep
22 Nevertheless, briefly
23 Fold-up mattress
26 Malaria remedy
30 Distant
31 Comprehend
32 Rainbow
33 Walked like a little kid
35 Got down to pray
36 Doctrine
37 Insect
38 Wide
41 Knight's address
42 Toward the stern
45 Count counterpart
46 Ribbed fabric
48 And others (Lat.)
49 Curved line
50 Harvest
51 Depend (on)
52 To the — degree
53 Appellation

Down

1 Ness or Lomond
2 Felipe or Matty of baseball
3 Swampy terrain
4 Pea holder
5 1996 newsmaking clone
6 Satanic
7 Comment from 5-Down
8 Putting a barrier around
9 Reed instrument
10 Thin trail of smoke
11 Membership
16 Deserve
20 Sushi-bar tuna
21 As a good host would
22 Historic boy king
23 Obese
24 Venusian vehicle?
25 Slight amount
26 Proof abbr.
27 Dander
28 Zero
29 NYC hrs.
31 Jewel
34 1960s hallucinogen
35 Kirkuk native
37 With 38-Down, cousin of sarsaparilla
38 See 37-Down
39 Assessment
40 Exam format
41 Ilk
42 Vicinity
43 Lather
44 Blood category
46 Has the skills
47 Grecian vessel

▶ Yesterday's answer



Sudoku

	7	5				3		
			2	3				8
6					4			2
		6	1		9		4	
	4			5			7	
	2		8		7	1		
8			4					5
9				6	1			
		4				9	3	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	9	6	5	8	4	1	3	7
8	4	5	7	3	1	9	6	2
3	1	7	2	6	9	8	4	5
6	8	9	1	4	7	5	2	3
4	3	1	6	2	5	7	9	8
7	5	2	8	9	3	4	1	6
9	7	8	3	1	2	6	5	4
5	2	4	9	7	6	3	8	1
1	6	3	4	5	8	2	7	9

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To Teresa, you're the best! Cheers to our friendship XO!
FOREVER & ALWAYS, CHRISTINA

Jenny Hunter, My Jenny Pooh, I have Loved You since we first met and my Love is still growing for You! If Your Love for Me is as strong as mine, lets have a great Life together! Will You Marry Me and make Me Happy Forever!!
LOVE FROM YOUR POOH BEAR XOXOXO :-)

J, you have brought so much bliss, wonder and thrill into my life. You treat me like a princess and I don't thank you enough for it. So, thank you from the bottom of my heart!
– B



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Don't settle for second best. Don't settle for a lifestyle that provides you with just enough. Get up and get out and make something of the amazing talents you were born with.

♉ Taurus April 21-May 21 You will be thinking big and talking big over the next few days, and there is absolutely nothing wrong with that. The only danger is that you may not always be able to deliver on the promises you make.

♊ Gemini May 22-June 21 The Sun in Libra gives your confidence a boost and makes you believe you can move mountains. But there is still a lot of hard work to be done before your dreams come true.

♋ Cancer June 22-July 22
Venus and Mars are already transiting the most positive area of your chart, and when the Sun joins them there on the 23rd there will be no stopping you.

♌ Leo July 23-Aug.23 Leo is a generous sign but your willingness to see only the good in people can sometimes lead to you being taken advantage of. Be generous today but be wary too.

♍ Virgo Aug. 24- Sept. 22 First impressions may be important but first impressions can sometimes be wrong as well and the planets warn that you need to investigate someone more deeply before deciding whether or not to trust them.

♎ Libra Sept. 23-Oct. 23 The Sun in your sign is a wonderful influence but don't let it blind you to reality. Now that Venus, your ruler, is moving retrograde there is a danger you will see only what you want to see.

♏ Scorpio Oct. 24-Nov. 22 You may have fallen heavily for someone who presses all the right emotional buttons, but how likely is it that your relationship will last? You have got to be realistic.

♐ Sagittarius Nov. 23-Dec. 21 Everything seems to be going right for you now, but don't fall into the trap of thinking that you no longer need to make a personal effort. Life may be good but never take anything for granted.

♑ Capricorn Dec. 22-Jan. 20
Cosmic activity in the career sector of your chart is bringing challenges that have to be dealt with quickly and efficiently. Fortunately you are not the sort to hesitate, not when there is so much at stake.

♒ Aquarius Jan. 21-Feb. 18
Duty is important but the most important duty of all is the one you have to you. If you are not happy then the people around you won't be either.

♓ Pisces Feb. 19-March 20
Something unexpected will happen, something that brings a smile to your face. Others may say it's luck, but luck has nothing to do with it. It's a cosmic reward for something good you did. **SALLY BROMPTON**

ANDY WONG/THE CANADIAN PRESS

Caption contest



WIN!

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Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

JOEL RYAN/THE ASSOCIATED PRESS









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Deals of the week

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+Taxes & other fees (including service charges): $325

Punta Cana

Occidental Grand Punta Cana • 4★

All-Inclusive • Junior suite
Feb. 12 • 1 wk.

$1199
+Taxes & other fees (including service charges): $305

Gran Bahia Principe Punta Cana • 4 1/2★

All-Inclusive • Junior suite
Feb. 12 • 1 wk.

$1399
+Taxes & other fees (including service charges): $305

SAINT LUCIA via Toronto

Coconut Bay Beach Resort & Spa • 4★

All-Inclusive
Deluxe garden view rm.
Oct. 23, 24, 30 & 31 • 1 wk.

$1039
+Taxes & other fees (including service charges): $232

CUBA

Varadero via Toronto

Sirenis La Salina Varadero Beach Resort • 4★

All-Inclusive • Standard rm.
Oct. 30 – Dec. 12 • 1 wk.

$629
+Taxes & other fees (including service charges): $240

Santa Clara via Toronto

Meliá Las Dunas • 4 1/2★

PRIVILEGES

All-Inclusive • Standard rm.
Nov. 14 – Dec. 11 • 1 wk.

$739
+Taxes & other fees (including service charges): $240

Cayo Coco/Cayo Guillermo

NH Krystal Laguna Villas & Resort • 3 1/2★

All-Inclusive • Club Laguna rm.
Feb. 12 – Mar. 5 • 1 wk.

$1099
+Taxes & other fees (including service charges): $222

Holguin

Sirenis Playa Turquesa • 4★

All-Inclusive • Superior rm.
Feb. 12 – Mar. 5 • 1 wk.

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+Taxes & other fees (including service charges): $222

MEXICO

Cancun/Riviera Maya

Gran Bahia Principe Tulum • 5★

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Apr. 17 • 1 wk.

$999
+Taxes & other fees (including service charges): $289

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★

PRIVILEGES

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Feb. 7, 14, 21 & 28 • 1 wk.

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Gran Bahia Principe Jamaica • 4 1/2★

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CRUISE

Norwegian Cruise Line[2]

Norwegian Epic

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Soul 4u shown

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